

## TRACKING ...

## NEWS



### Soldiers spend time with veterans

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# The Fort Jackson Leader



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# Remembrance

## Chaplain recalls 9/11 attack on Pentagon

By SUSANNE KAPPLER  
Fort Jackson Leader

Pentagon Chaplain (Lt. Col.) Henry Haynes had just come out of a meeting and was on his way back to his office when he heard the news: A plane had hit one of the World Trade Center towers in New York.

At first, he did not pay close attention to the events, said Haynes, who is now a colonel and the Fort Jackson installation chaplain. But when a second plane struck the other WTC tower, people around the building started to realize the magnitude of what was happening, Haynes said.

"One man said, 'I bet we're going to be next,'" he remembered. "I guess it was about

a few minutes after that when all the sirens started going off in the building — because we were next."

On Sept. 11, 2001, at 9:37 a.m., American Airlines Flight 77 struck the west wall of the Pentagon, killing 64 people aboard the plane and 125 people in the building.

"When the alarms went off, everybody ran out of the building, and smoke was pouring out of the western side of the building," Haynes said. "There was total chaos and confusion, because nobody really knew what was going on."



HAYNES

Haynes and his fellow chaplains did not have time to let what happened sink in. They set up an operations center outside the building to attend to victims, rescue workers and others in need.

"It was just a long, long day of trying to minister to and ... take care of people who were hurting," Haynes said.

In the days that followed, Haynes was busy ministering to survivors and conducting prayer services. Haynes also traveled across the country to

See HAYNES: Page 8

## Clearing the air



Photo by STEVE REEVES

Staff Sgt. Gonzalo Melendez, with Company C, 1st Battalion, 34th Infantry Regiment, leaps into the air during warm-ups before a workout with the Fort Jackson combatives team. The team is training to compete in the Army Combatives Tournament at Fort Benning, Ga., Sept. 18-20. For more about the team, see the story on Page 3.

# CFC provides help to various charities

It is that time of year again to show our support for the Combined Federal Campaign. Soldiers and federal employees have the opportunity to choose their favorite charities to which they would like to contribute. The campaign runs through mid-December.

The Fort Jackson CFC drive is part of the Midlands CFC effort, which over the years has received generous support from us. Pledges made by military members and federal employees during the campaign help fund non-profit organizations throughout the Midlands, as well as charities from across the nation and around the globe. And, again, you have the ability to select the charity or charities of your choice.

Approximately 90 charities located in the Midlands and more than 2,000 national and international charities can be selected as recipients of your gifts. That's not to mention that there are three FMWR programs that are supported through CFC funds.

We are hoping to improve on last year's totals and get back to the levels of a year earlier. In 2007, the Midlands raised nearly \$1.7 million for charities — a 14 percent increase over the previous year. A lot of that impetus came from the 7,590 donors who are members of the military and civilian federal workforce.

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Commanding General .....Brig. Gen. Bradley W. May

Garrison Commander .....Col. Lillian A. Dixon

Public Affairs Officer ..... Karen Soule

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Editor ..... Crystal Lewis Brown

News editor/Staff writer..... Susanne Kappler

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BRIG. GEN.  
BRADLEY W. MAY

Fort Jackson  
Commanding  
General



But even in 2008, during the beginning of a long economic downturn, the Midlands still managed to raise roughly \$1.5 million. That's still a very generous gesture from the community, and it makes me proud to be part of a group that manages to contribute selflessly despite the fact that many people are forced to dig deeper in their pockets to meet obligations and difficult challenges. Last year's superb effort is certainly reflective of how we set our Army values into motion.

This year's goal is to reach the \$1.6 million mark, and, again, Fort Jackson plays an important role in reaching that goal. Members of the Fort Jackson community should take comfort in knowing that their generosity continues to

## Ask the garrison commander about: Pre-retirement Services Program

What does the Pre-retirement Services program include?

In accordance with Army Regulation 600-8-7, Retirement Services Program, paragraph 2-4, Pre-retirement Services include conducting the Pre-retirement and Survivor Benefits Program briefings. Each is designed to make retiring Soldiers and their families aware of the rights, benefits and privileges available to them as a result of their military service. For more information, call the Fort Jackson Retirement Services office at 751-6715.

What steps should a retiree take when he or she has a change of address?

To inform the Defense Finance and Accounting office of an address change, the retiree can contact DFAS by phone at 800-321-1080 and request an address change. The necessary paperwork, DD Form 2866, is also available from the Fort Jackson Retirement Services Office. The form can be faxed or mailed.

Where can I receive services on Fort Jackson if my spouse died on active duty?

Any survivor of an active duty fallen Soldier is entitled to use Survivor Outreach Services, including parents, spouses, children, siblings and ID card holders from all branches of the military. Services are available regardless of when the death occurred.

Survivor Outreach Services can provide assistance,

improve many lives in the area. Children, senior citizens and disabled people receive the help they need. Not only the impoverished, but educational and research programs — as well as environmental incentives — are also recipients of aid.


All of this makes me a very proud commander. Your accomplishments continue to raise the bar. This year's CFC kickoff event is planned for 3 p.m., Wednesday at the Officers' Club. So far, representatives from 21 charities are planning to be there to explain some of the great things that are accomplished because of your support. I am looking forward to another great turnout as in previous years.

This year's campaign embraces the theme: "iCan, Now More Than Ever!" All of you are encouraged to look through the list of approved campaign charities to find a local, national or international charity that is meaningful to you. But let me make it clear, there will be no pressure to give. If you want to give, contribute to a charity of your choice.

As I have said in the past, the people are what make Fort Jackson so great, those who are extremely generous when it comes to taking care of others. We are truly blessed.

COL.  
LILLIAN A. DIXON

Fort Jackson  
Garrison  
Commander



offer support and help address the needs of families by providing an SOS coordinator, financial counselors and benefits coordinators, all who are subject-matter experts on survivor-related issues.

One of the most important highlights is the coordination with other Army programs, such as Casualty Affairs, Retirement Services and Veterans Affairs. Briefings and information will also be provided to Soldiers and family members.

GARRISON FACT OF THE WEEK

Surviving spouses are eligible for education benefits for up to 20 years after the date of the active duty service member's death. Children are normally eligible to use their education benefits between the ages of 18 and 26. This benefit may be used to pursue an associate, bachelor's or graduate degree; certifications, technical or vocational school and more.

To submit questions, call 751-2842, or e-mail [scott.nahrwold@conus.army.mil](mailto:scott.nahrwold@conus.army.mil).

LEADER DEADLINES

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Sept. 24 Leader must be submitted by today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Sept. 24 Leader must be submitted by Sept. 17.



# Combatives team gears up for contest

By **STEVE REEVES**  
*Fort Jackson Leader*

Staff Sgt. James Johnson was exhausted and dripping with sweat after a recent early-morning combatives training session that stretched for nearly three hours.

And though Johnson, a drill sergeant with Company A, 3rd Battalion, 13th Infantry Regiment, had finished his combatives training, his day was just beginning.

Johnson is among a small group of Soldiers from Fort Jackson who almost every day put in some grueling hours at the gym on top of its regular duties to train for a shot at glory in the upcoming 2009 Army Combatives Tournament.

“Being a drill sergeant takes a lot out of you,” Johnson said. “It’s mentally draining. But you have to put all of that aside and come train.”

A wrestler who used to be a part of the Army’s World Class Athlete Program, Johnson said that the combatives training he is doing now will help him be competitive one day as a mixed martial arts fighter.

“I want to fight, and the more I know, the better,” he said.

For others, the combatives tournament, which is scheduled for Sept. 18-20 at Fort Benning, Ga., is simply a way to keep doing something they love.

“There’s something about grappling that keeps me happy,” said Staff Sgt. Michael Robinson, a training NCO for Company C, 3rd Battalion, 60th Infantry Regiment. “It’s more than just a hobby for me. It gives me a rush I don’t normally get.”

Robinson, the captain of the Fort Jackson Combatives Team, began assembling the team in early July when he first heard about the upcoming tournament.

Teams from Army posts around the world will compete. Each team can have up to 14 fighters, with two fighters in each weight class.

Robinson said he will select the best two fighters for each weight class and those Soldiers will make up the Fort Jackson Combatives Team. Each workout is essentially a tryout for the team and that makes for a competitive atmosphere.

“This is the hardest training I’ve ever done,” Robinson said. “All the guys say this is pretty much the hardest training they’ve ever done.”

The team’s training sessions started out as hour-long bouts in a post gym, but have gradually gotten longer and



*Photo by STEVE REEVES*

**Sgt. 1st Class Rodolfo Ruiz, left, 1st Battalion, 34th Infantry Regiment, and Sgt. John Duran, 2nd Battalion, 13th Infantry Regiment, practice combatives techniques during a training session Sept. 1. Ruiz and Duran are members of the Fort Jackson combatives team.**

more intense as the tournament approaches.

“The hardest part was getting the Soldiers the time to train,” Robinson said. “I spent a lot of time talking with different sergeants major around the post. I’ve never networked so hard in my career as I did for this.”

Now the team is doing most of its training off post at the Gracie Barra School, a mixed martial arts training facility. The team is being instructed by Vince Salvador, a former

mixed martial arts fighter.

Robinson said considering the long hours spent training and dedication of the Soldiers involved, he believes the team has a chance to make a strong showing at the tournament.

“As a team, I think this will be the best Fort Jackson has done so far,” he said.

*Steve.Parrish2@us.army.mil*

## Honor duty

*Photo by  
MIKE A. GLASCH*

**The flag-draped coffin containing the body of Columbia native Spc. Abraham Wheeler is taken off a jet at Owens Airfield Sept. 3 by an honor guard from the 187th Ordnance Battalion. Wheeler died Aug. 28 in Afghanistan from combat-related injuries. He was assigned to Fort Drum, N.Y.**



## LEADER INFORMATION

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# SSI NCOs donate time, money to VA

By **STEVE REEVES**  
Fort Jackson Leader

Non-commissioned officers from Fort Jackson's Soldier Support Institute recently donated \$3,000 to the Dorn Veterans Affairs Medical Center.

Five fundraising events, such as bake sales and car washes, were held to raise money for the Dorn Veterans Affairs Medical Center in Columbia.

The initiative culminated with the donation to the VA's Social Work Emergency Fund, which is used to support veterans in need of house payment and utilities assistance, bus fare, clothing and food.

A check was presented to officials from the VA facility Sept. 3.

The SSI's fifth-annual NCO Dining-In event, meant to commemorate the achievements of non-commissioned officers, also had the theme of "NCOs Making a Lifelong Community Investment."

"We wanted to tie in the theme, 'NCOs Making a Lifetime Commitment,' with the Year of the NCO," said Sgt.

## CAMPAIGN PLAN FOCUS



The SSI volunteer program is aimed at enhancing community relations in support of major objective 6.3 on the strategy map (improve quality of life marketing and communication). Quality of life is one of the three lines of operation of the Fort Jackson campaign plan.

Maj. Shawanda Martin, the SSI's EO Training Component NCO. "We all wanted to give back to the community. We've built a great relationship with the VA."

The involvement of the NCOs went beyond raising money.

They also volunteered at the VA Aug. 24-27, spending time talking and sharing military experiences with veterans. The volunteers also watched movies, played games

and did other activities with the veterans.

"Those veterans supported the country, so we felt it was only fitting to support them," Martin said. "To brighten someone's day was really meaningful."

Martin said spending time with the veterans at the VA hospital was one of the most meaningful experiences of her life.

"It gave me perspective and focus," she said. "It made me want to do better as an individual and an NCO, and to do better with the life I've been given."

Martin said an arrangement is being made for the group to continue volunteering at the VA hospital once a month.

Sgt. 1st Class Nichole Tavares-Gibbs of the Financial Management School, was coordinator of the NCO Dining-In program and participated in the fundraising efforts.

She said the fundraising campaign showed the benefit of pooling efforts to accomplish a goal.

"A lot of NCOs here at the Soldier Support Institute volunteer on their own," Tavares-Gibbs said. "But we get so much more done as a group."

*Steven.Parrish2@us.army.mil*

## Top trainer



*Photo by STEVE REEVES*

**Sgt. 1st Class Anthony Glenn was named Platoon Sergeant of the Cycle. Glenn is with Company E, 369th Adjutant General Battalion.**

# Soldiers inducted into NCO Corps

## Leader Staff Report

Seven Soldiers with the 4th Battalion, 10th Infantry Regiment were officially inducted into the Noncommissioned Officer Corps in a ceremony Sept. 3 at Daniel Circle Chapel.

The newly-promoted Soldiers participated in a multi-faceted ceremony meant to explain to them the history of the NCO Corps, the importance of NCOs in today's Army and the responsibilities they now have as NCOs.

Command Sgt. Maj. William Huffin said the ceremony is a way to publicly acknowledge the Soldiers' promotions.

"The NCO induction ceremony is a celebration of the newly promoted joining the ranks of a professional Noncommissioned Officer Corps," he said. "It emphasizes and builds on the pride that we all share as members of such an elite corps."

The ceremony included a visit from NCOs of the past, present and future, who lit red, white and blue candles to symbolize the blood of Soldiers who have died for the country, the purity of the NCO and the future NCO. The Soldiers then signed their



*Photo by STAFF SGT. CLARK OSBORN, 4-10th*

**Command Sgt. Maj. William Huffin, 4th Battalion, 10th Infantry Regiment, leads newly inducted NCOs in the Charge of the NCO during a ceremony Sept. 3 at Daniel Circle Chapel.**

names into the NCO Corps and Huffin led them in reciting the Charge of the NCO.

Sgt. 1st Class Benjamin Trescott, a ceremony organizer and mentor to one of the inductees, said it was important to uphold

the tradition of the induction ceremony.

The ceremony, he said, "instills in the newly promoted Soldiers to ... always take care of their Soldiers and put their Soldiers' needs before their own."



# Program helps children stay positive

By **DELAWESE FULTON**  
Leader Staff

Now in its third year, the Child and Youth Behavioral Program is making positive strides within Fort Jackson's youth services offerings.

The Child and Youth Behavioral Program, an initiative of the DoD and its Military and Family Life Consultant Program, supports military children with confidential counseling and outreach services.

At no cost, its staff helps military youth positively deal with issues of school adjustment, deployment and separation, fear, grief, loss and other stressors.

"It's one of those things that you didn't realize how much you needed it," said Beverly Metcalfe, Fort Jackson's Child, Youth and School Services partnerships specialist. "They (the program's consultants) have been helpful with summer enrichment programs ... and pre-school and teen programs."

Although Metcalfe was not able to disclose the number of children and families who have used the program, she said it is one that has been a "boon" to the livelihood of military children.

The Child and Youth Behavioral Program consists of two

## PROGRAM DETAILS

The Child and Youth Behavioral Program is a component of the Military and Family Life Consultant Program.

Its consultants:

- Have earned master's and doctoral level degrees, specializing in child and youth behavioral issues;
- Are available at no cost to assist children and youth, parents, family members and staff;
- Are available to provide short-term support;
- Are dedicated to partnering with existing military support services.

rotating consultants of MHN Government Services — a behavioral health and wellness contractor to the government — who assist the staffs of various youth programs on post. The consultants provide the staffs and the children with techniques to manage behavior and positively deal with stress.

The Child and Youth Behavioral Program consultants could not be interviewed for this article because they are not allowed to talk to the media for privacy reasons and contractual restrictions, Military and Life Consultant staff said.

James Andrews, director of Fort Jackson's Middle School and Teen Program, agreed with Metcalfe that the behavioral program and its consultants have become welcome additions to the installation's youth services.

This summer, Child and Youth Behavioral program consultants participated in at least three sessions at the post's teen program offices, Andrews said.

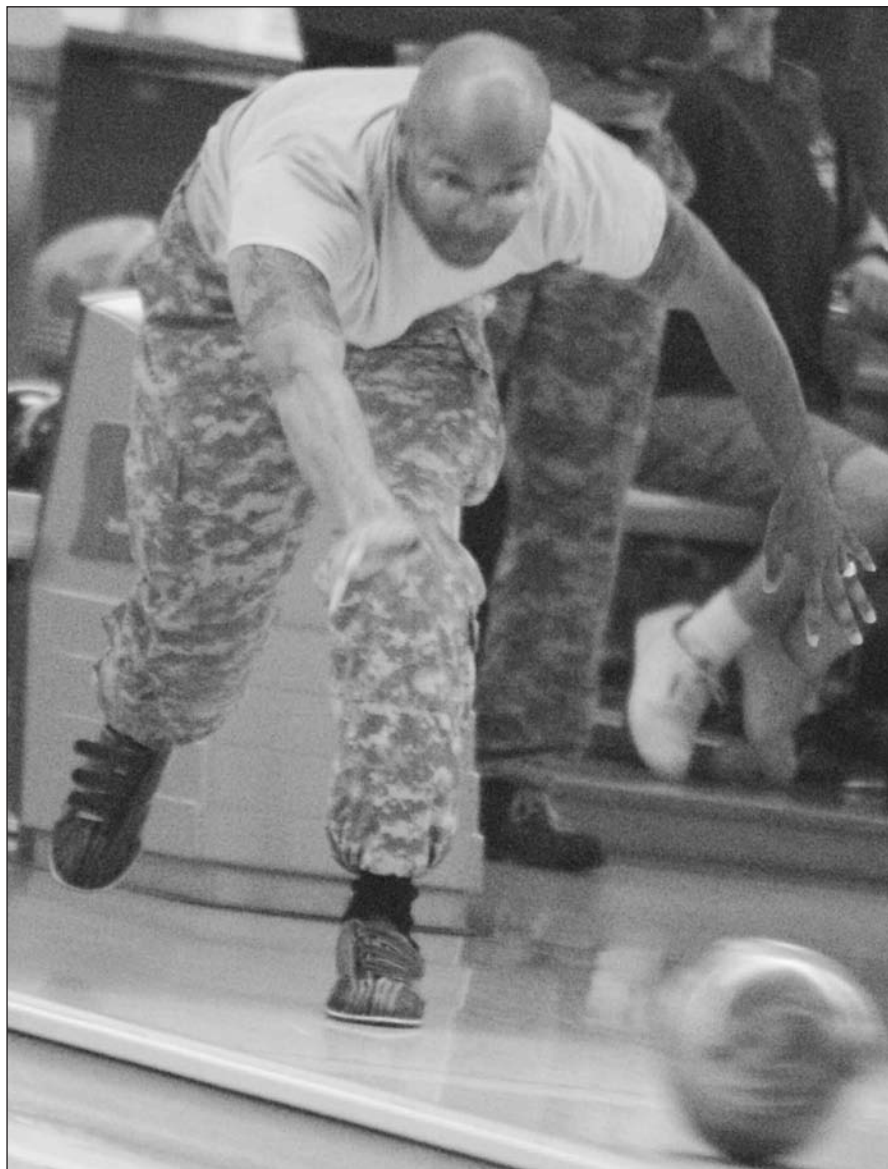
Andrews said the consultants' extensive educational and professional backgrounds — coupled with their ability to connect with the teenagers — added depth to discussions about at-risk behavior, including drugs and alcohol and premarital sex.

"The kids looked forward (to the sessions). I think sometime the kids would share information with them that they did not with us," Andrews said.

To learn more about the Child and Youth Behavioral Program and the Military and Family Life Consultant Program, call 337-6983.

*Delawese.Fulton@us.army.mil*

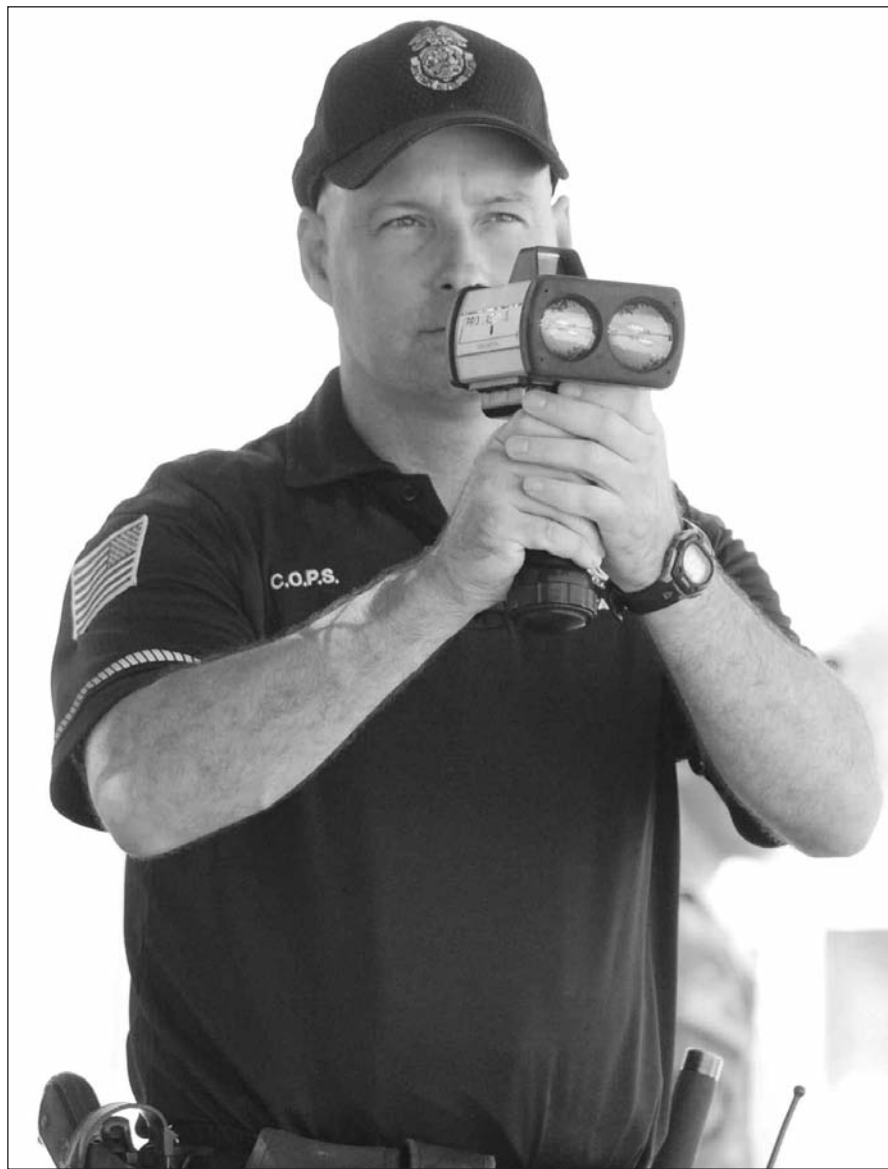
## Blackhawk bowling



*Photo by CRYSTAL LEWIS BROWN*

First Sgt. Scott Brown, with Company C, 187th Ordnance Battalion, throws his bowling ball during the 171st Infantry Brigade Veterans Day Bowling Tournament at Century Lanes last week.

## Slow down!



*Photo by SUSANNE KAPPLER*

Officer Raymond Meals, a police officer with the Directorate of Emergency Services, checks the speed of vehicles driving in the housing area on Imboden Street Sept. 3.

# Good credit starts with managing debt

Everyone must recognize the keys to financial success and learn to control the size of his or her personal debt. Most of us prefer to call this “credit,” but is it really credit or is it debt?

Credit is your ability to borrow and is rated by credit reporting agencies. Your credit rating plays a major role in your ability to borrow money.

Debt, on the other hand, is the amount of money you owe, or the amount of money which you are financially (and legally) obligated to pay.

If your debt ratio is below 20 percent of your net income, you are probably OK financially. If it is right at 20 percent you are close to the upper limit of your debt range and should consider whether unplanned expenses might prevent you from making one or more payments. If your debt ratio exceeds 20 percent, you need to reduce your debt.

As debt begins to rule your life, tension builds, you begin to argue with family and friends or you may not sleep well at night. Your efforts to pay may appear to be in vain.

It is always easier to blame someone else for our personal problems. When finances are involved, we blame the banker, the credit card company, the finance office or each other. The truth is, each of us is responsible for our own debt.

Evaluate your monthly income and ex-

## FINANCIAL ADVICE

By ANDREA GATES  
Army Community Services

penses. This may take several months to fine tune. Be sure to list everyone you owe money to, the balance owed, APR, and minimum monthly payments of each.

If your bottom figure is negative, look for ways to cut your expenses and any impulse spending. It is time to adjust your debt payments and expenses according to your income.

You will need to recognize what can or cannot be adjusted. Normally, secured loans and leases are not adjustable. Post-dated and insufficient funds checks cannot be adjusted.

You can work with credit card and unsecured installment contracts. Try to pay more than the minimum monthly payment, consider paying 3 percent of the outstanding balance.

The best time to adjust payments is before delinquency starts. If you start early, you will be working with customer service, whose objective is to assist the customer within their guidelines. If you wait until you are behind on payments, you will be dealing with collections. Their objective is to get the money.

Understanding your financial position is imperative to attaining financial suc-

## Alert protects Soldiers' credit

Active duty service members serving away from their usual duty station can place an “active duty” alert on their credit report to help minimize the risk of identity theft while deployed.

An active duty alert on your personal credit report is effective for one year, unless you request that the alert be removed sooner.

If the deployment lasts longer than 12 months, you may place another alert on your report.

To place or remove an active duty alert on your credit report, contact the fraud number of one of

the three nationwide consumer reporting companies: Equifax (800-525-6285), Experian (888-397-3742) or TransUnion (800-680-7289).

You need to contact only one of the three companies to place an alert.

The company you call is required to contact the other two companies, and those companies in turn will place an alert on their reports.

When placing an active duty alert, your name will be removed from the nationwide consumer reporting companies mar-

keting lists for pre-screened offers of credit and insurance for two years.

After you place an alert, creditors will require you to provide appropriate proof of your identity prior to authorizing any credit under your name and social security number.

For more information on credit reports, identity theft, or any other financial and consumer subject, contact an Army Community Services financial counselor at 751-5256 or e-mail [Madelyn.Mercado@us.army.mil](mailto:Madelyn.Mercado@us.army.mil).

cess. This includes your ability to recognize areas for improvement and the willingness to change your spending habits.

Nickel and dime expenses can create financial hardship. Don't depend on an inheritance, winning the lottery, or hitting it big at the casino.

You must have a financial plan in place to build wealth and reduce debt.

If you would like to discuss your personal finances with a counselor, call the Army Community Services Financial Readiness Program at 751-5256 to schedule an appointment.

# Haynes: ‘God had me there for a reason’

Continued from Page 1

attend memorial services for the victims — many of whom he had known personally.

“There was one fellow — we parked side by side every morning when we drove in to the Pentagon. And the reason I remember him so well was because he always read his Bible,” Haynes said. “I would get in at about 6 a.m. each morning ... and he would be sitting there reading his Bible every morning. It really just sort of impressed me. The fact that he was killed — it was just really emotional, because I knew he was a very good person and very spiritual. But it was good to be able — when the parents asked me, ‘Did you know my son?’ — to say, ‘Yes, I knew your son. We frequently spoke.’ I told them that he read his Bible every morning and they liked that.”

About six months after the attack, Haynes was organizing the Pentagon's National Prayer Breakfast and found himself in a tight spot when his keynote speaker canceled on short notice.

“And a voice, like God, said, ‘Ask Brian,’” Haynes said.

Brian Birdwell, now a retired lieutenant colonel, had just been released from the hospital two days earlier. He had been wounded in the attack, suffering severe burns, which



Photo by SUSANNE KAPPLER

**Chaplain (Col.) Henry Haynes keeps the programs for a number of memorial services that took place after the 9/11 attacks.**

covered more than 60 percent of his body and required more than 30 operations. To Haynes' surprise, Birdwell agreed to speak at the event.

“And then he (Birdwell) asked, ‘Should I wear my uniform?’ I asked, ‘Brian, can you get into your uniform?’ He asked, ‘Do you want me in dress blues?’ I said, ‘Brian,

we'll all be in dress blues. Come in your dress blues,’” Haynes recalled. “And so he came. He still had all the pressure bandages on and the grafts were on his body. He couldn't stand on his own; his wife had to help him. But he came. And when Brian told his story, there was not a dry eye in the place.”

Haynes said that, despite all the evil that happened during 9/11, one of the positive things that happened as a result of the attacks was the good it brought out in people.

“It was just an outpouring of love from the American people,” he said. “Everybody was just supportive of one another. I've never seen anything quite like that before.”

Haynes said he feels privileged having been at the Pentagon during 9/11, being able to serve those in need of spiritual support. He said that although it was a trying and tiring time, his faith helped him meet the demands.

“I believe that God gives you strength. And I believe in the power of prayer. There was a lot of prayer going on,” he said. “A lot of people just wanted to hear some positive words. I felt like that was my duty. I had to do that. I had to be strong for my fellow comrades and employees in the building. I believe that God prepares us for stuff, and I believe that God had me there for a reason.”

[Susanne.Kappler1@us.army.mil](mailto:Susanne.Kappler1@us.army.mil)





# Blackmon: ‘Never be complacent’

**Rank, name**  
Command Sgt. Maj. Billy Blackmon

**Unit**  
Soldier Support Institute

**Military Occupational Specialty / Job title**  
42A, human resource specialist / command sergeant major

**Years in service**  
27

**Family**  
Married, five children

**Highest education**  
Pursuing a master’s degree



Photo by CRYSTAL LEWIS BROWN

**Despite his busy schedule, Soldier Support Institute Command Sgt. Maj. Billy Blackmon is pursuing his master’s degree.**

## NCO spotlight

“I think he had a profound impact on my career by being a role model and leader that I wanted to emulate,” he said.

He said he met Sampson at the point in his career where he was deciding whether to re-enlist or get out of the Army.

“It was his leadership, ultimately, that decided that for me,” Blackmon said.

One of his goals is to complete his education. He will graduate with his master’s degree in management and leadership in December.

After retirement, Blackmon said he would like to start his own business. He also said he wants to “continue to support Soldiers and families through my experience.”

Blackmon has some advice for both

junior enlisted Soldiers and those in leadership positions.

“My advice to junior enlisted Soldiers is to never become complacent or satisfied with the status quo,” he said. “Continue to seek professional development opportunities through self development programs (and other) training, and find a mentor, as I did, for professional growth.”

He added, “My advice to leaders is TIPS.”

TIPS, Blackmon said, stands for talk, inform, predictability and stability, and is an acronym that serves as a reminder for leaders to: Talk to Soldiers daily (not only through counseling, he said, but general conversation that can key leaders in on a Soldier’s well being); keep the Soldiers and families informed; provide predictability (for both the Soldier and his or her family); and provide stability.

## The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.”

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient.

I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

### FOLLOW THE LEADER

Follow us on Twitter at [www.Twitter.com/FortJacksonPAO](http://www.Twitter.com/FortJacksonPAO). Log on to your Facebook account and become a Leader “fan” by visiting <http://bit.ly/10gj2x>, or go to [www.Facebook.com](http://www.Facebook.com) and search “Fort Jackson Leader.”

# Office mishap unlocks some ‘me’ time

Wednesday is the busiest day for those of us who work at the *Leader*. It is production day — the day we actually send the newspaper to our publisher, and the last day to make sure everything is just how we want it to be printed.

On Wednesday, husbands know not to call (although they sometimes still do), going to lunch is out of the question and colleagues know that it’s best to save any conversations not related to the paper until Thursday.

Ordinarily, once the paper is finished, we can relax. But last week, we kept up our frenzied pace all day. As the news editor made the finishing touches on last week’s issue, I’d already started working on this week’s to make up for the day of work we’d miss for Labor Day. As usual, we had a meeting with the command information officer to go over the paper, and 20 minutes or so later, we were finished and were ready to get back to work.

I grabbed the doorknob and turned. And nothing happened.

My boss was unsuccessful in trying to open the door as well. We were officially trapped. For about 15 or 20 minutes, we could do nothing but wait as our officemates yielded tools to try to get us out. We tried taking off the door knob, kicking down the door and nothing worked. When we finally got out, everything was business as

**CRYSTAL CLEAR**  
By **CRYSTAL LEWIS BROWN**  
*Fort Jackson Leader*



usual. But as I checked e-mails and read articles, I realized something. During the entire time we were trapped, we didn’t once mention work. And I realized that time was something I’d been getting less and less of lately, as I got to work earlier, left later and skipped lunches.

Too often, we put our obligations ahead of our own well-being. Whether it is our children, our jobs, our spouses or even our volunteer work, it is sometimes hard to carve out some spare time for something other than our obligations.

I don’t mean those things you do with your spouse or your children. I mean those things that you do just for you. Don’t look at it as being selfish. Look at it as holding on to your sanity. During the workday, take a short

break from work and walk outside. When you get home, take a bubble bath, read a book, knit a scarf, compose a song. Do whatever it is that makes you happy and allows you to have a moment of solitude enjoying something that is just for you.

The day I got trapped in the office, I went to the bookstore as soon as I left work. I took my time, looking at various books before making my selection. I chose something that would not help me at work, something that would not help me “grow.” But it was something that would allow me to put my obligations to the side and, for a few minutes at least, travel to a place I could not ordinarily go. The few minutes I spent reading after work not only allowed me to unwind, it gave me a chance to de-stress, making me a less cranky mom and wife.

Is it easy to find time to myself? Of course not. Sometimes, I put the baby on the floor and read while he plays alongside me. And it takes me forever to read a book these days because every few minutes, I stop to cook, wash dishes or put on a load of laundry. Even so, those moments I get to indulge myself are priceless.

So all you women out there — from stay-at-home moms, to working moms, to those who take care of their husbands and pets — take time today to do something just for you.



## Chicken Word Find

Just in time for National Chicken Month, see how many related words you can find and circle in the puzzle.

BAKED	EGGS	MEAL
BIRD	FOWL	POULTRY
CHICKEN	FRIED	ROOSTER
CLUCK	GRILLED	WINGS

M	V	E	E	Y	R	V	W	S	I	G	Y
I	E	U	P	C	K	C	G	G	Y	R	O
E	N	A	P	B	E	G	G	R	Z	G	W
R	E	O	L	N	E	J	T	P	W	T	M
J	K	G	R	I	L	L	E	D	I	I	R
J	C	C	R	O	U	Q	F	G	N	O	V
I	I	X	U	O	O	R	H	P	G	H	H
R	H	E	P	L	I	S	M	M	S	D	C
J	C	C	O	E	C	Y	T	P	I	L	L
B	I	R	D	E	K	A	B	E	X	W	X
B	S	V	C	S	B	H	T	Y	R	O	H
F	M	R	J	I	E	O	F	M	V	F	L

## Poultry Scramble

Unscramble the words to complete the sentences.

1. A chicken takes 21 days to **C H A T H**.
2. Chickens can come in many **R O C S L O**.
3. Chickens were once considered **A D S E C R**.
4. **E F R A** of chickens is Alektorophobia.

Answers: 1. hatch 2. colors 3. sacred 4. fear

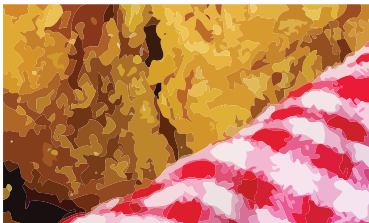
## THIS DAY IN...



- 1654: LOUIS XIV WAS CROWNED AS THE KING OF FRANCE.
- 1776: RICHARD HENRY LEE OF VIRGINIA PROPOSED A DECLARATION OF INDEPENDENCE.
- 1929: VATICAN CITY IN ROME, ITALY BECAME A SOVEREIGN STATE.



- ENGLISH:** Chicken
- SPANISH:** Pollo
- ITALIAN:** Pollo
- FRENCH:** Poulet
- GERMAN:** Huhn



Can you guess what the bigger picture is?

ANSWER: FRIED CHICKEN



TRUE OR FALSE?  
CHICKENS ARE CAPABLE  
OF SUSTAINED FLIGHT.

ANSWER: FALSE



# This cycle's BCT honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.**  
**Andrew Benson**  
Company A  
1st Battalion,  
34th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Spc. Kent Kauffman

### SOLDIER OF THE CYCLE

Pfc. Kyle Caskey

### HIGH BRM

Pfc. Austin St. Laurent

### HIGH APFT SCORE

Spc. Benjamin Neiman



**Sgt. 1st Class**  
**Pedro Campoverde**  
Company B  
1st Battalion,  
34th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Andrea Emerson

### SOLDIER OF THE CYCLE

Pfc. Loren Drawert

### HIGH BRM

Pvt. Deborah Adams

### HIGH APFT SCORE

Spc. Denise Jorgensen



**Staff Sgt.**  
**Janice Addison**  
Company F  
1st Battalion,  
34th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Naswana Moon

### SOLDIER OF THE CYCLE

Pfc. Justin Jones

### HIGH BRM

Pfc. Sean Randall

### HIGH APFT SCORE

Pvt. Ariel Davis

## 2009 assessment under way

Fort Jackson needs your help.

By completing the 2009 Customer Service Assessment, you can help Fort Jackson by providing garrison leadership feedback on the post's various agencies.

This short survey is your opportunity to provide a "report card" to garrison leaders about the

## CUSTOMER SERVICE CORNER

level of services provided.

The community's participation is an important part of ensuring that garrison meets its customers' needs.

All Soldiers, family members, retirees, veterans and civilian employees are encouraged to participate in the assessment.

The survey can be taken online through Sept. 18. This is your chance to make your voice heard.

To participate, visit [www.myarmyvoice.org](http://www.myarmyvoice.org).

## Customer Management System

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments.

This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

"Let your voice be heard!"

## Catch the wind



Photo by STEVE REEVES

Isaac Kaiser, an Air Force veteran who lives in Lexington, launches his remote-controlled glider at Hilton Field. The glider is equipped with an electric motor to help it take off.

## Commander's call



Photo by STAFF SGT. CLARK OSBORN, 4-10th

Lt. Col. Richard MacDermott, 4th Battalion, 10th Infantry Regiment commander, pins an award on a Soldier during last week's Commander's Call. The Soldier was one of many who received awards.





## Army Community Service

### September calendar of events

#### Today

**Financial planning for success:** 9-11 a.m., Education Center, Room B302

**Post-deployment Battlemind training (spouses):** 10-11:30 a.m., FRG Building

#### Saturday

**Hearts Apart back to school bash:** 10 a.m. to 2 p.m., Twin Lakes, Shelter No. 4

#### Tuesday, Sept. 15

**WorkKeys Assessment:** 9 a.m. to noon, Strom Thurmond Building, Room 222 (\$35 assessment fee)

**Family assistance center training:** 2-3:30 p.m., FRG Building

#### Wednesday, Sept. 16

**Financial readiness for first termers:** 8:30 a.m. to 4:30 p.m., Education Center, Room B302

**Employment readiness program orientation:** 8:30 a.m. to noon, Strom Thurmond Building, Room 222

**Information Exchange Council meeting:** 9 a.m., Post Conference Room

**Child abuse awareness class:** noon to 2 p.m., Main Post Chapel

**Resume writing for beginners:** 1:30-3:30 p.m., Strom Thurmond Building, Room 222

**Phase II LEVY briefing:** 2:30-3:30 p.m., Strom Thurmond Building, Room 213

#### Thursday, Sept. 17

**Financial/relocation initial PCS class:** 9-10:30 a.m., Education Center, Room B302

**Installation action council/AFAP steering committee:** 2-4 p.m., Post Conference Room

**Positive parenting 101:** 2-4 p.m., Joe E. Mann Center, conference room

#### Tuesday, Sept. 22

**Quick jobs seminar:** 9-11:30 a.m., Strom Thurmond Building, Room 222

**Managing emotions under pressure:** 10:30 a.m. to 4 p.m., 5615 Hood St., Room 10

#### Wednesday, Sept. 23

**Career exploration/military spouse education assistance:** 9-11:30 a.m., Strom Thurmond Building, Room 222

**Divorce and money seminar:** 1:30-3:30 p.m., Education Center

#### Thursday, Sept. 24

**Retirement planning class:** 9-11 a.m., Education Center

**FRG training:** 9 a.m. to 4 p.m., FRG Building

#### Friday, Sept. 25

**FRG training:** 9 a.m. to 4 p.m., FRG Building

#### Tuesday, Sept. 29

**Resume writing and interviewing skills:** 9 a.m. to noon, Strom Thurmond Building, Room 222

#### Wednesday, Sept. 30

**Child abuse awareness class:** noon to 2 p.m., 5615 Hood St., Room 10

**Job fair success:** 1-2:30 p.m., Strom Thurmond Building, Room 222

**Phase II LEVY briefing:** 2:30-3:30 p.m., Strom Thurmond Building, Room 213



For more information or to register for classes, call 751-5256 or 751-6325.  
This information is published the last week of each month in *The Fort Jackson Leader*.

Make your voice HEARD,  
by taking only 20 minutes to provide  
your valuable feedback  
on Garrison services at your installation.



# I WANT YOU TO TAKE THE

## CUSTOMER SERVICE ASSESSMENT

RATE THE  
IMPORTANCE and PERFORMANCE  
of Garrison services.

come back

Survey is open to all eligible patrons  
from Aug. 24 through Sept. 18

CUSTOMER MANAGEMENT SERVICES

A three-tiered customer feedback process that includes  
Interactive Customer Evaluation, Community FIRST and Customer Service Assessments

FOR MORE INFORMATION VISIT [www.lmcom.army.mil](http://www.lmcom.army.mil)





At your service  
phone numbers and opening hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-4329/5923	Monday-Friday; 8 a.m. to 4:30 p.m.
Andy’s Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for opening hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4:30 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m., ; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m.
Bowling, Ivy Lanes	751-4759	
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year’s Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593	Monday-Thursday, 8-11 a.m. and 1-3 p.m.
Defense Military Pay Office	751-6669 (Soldiers) 751-4914 (Civilian)	Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday- Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday through Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times
Officers’ Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to nonmembers); Sunday brunch, 11 a.m. to 2 p.m. (members)
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; closed Saturday and Sunday
Pool, Legion	751-4796	Monday-Friday, noon to 7 p.m.; closed Saturday and Sunday
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 9 a.m. to 6 p.m.
Safety Office	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Lee Road	782-0590	Monday-Friday, 7 a.m. to 8 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday, 9 a.m. to 2:30 p.m.; Thursday, 9 a.m. to 5:30 p.m.; first Saturday of the month, 9 a.m. to 2:30 p.m.,
Vanguard Gym	751-4384	
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).  
This information is published monthly in *The Fort Jackson Leader*.

# HAPPENINGS

## Calendar

### *Sunday*

#### **Sunday Worship Concert Series**

9-11 a.m., Solomon Center  
Performance by Bethany Dillon.

### *Wednesday*

#### **CFC kick off**

Officers' Club; Reception begins at 3 p.m., program begins at 3:30 p.m.  
For more information, call 733-5400 ext. 2051 or e-mail [TMorehead@uway.org](mailto:TMorehead@uway.org).

### *Thursday, Sept. 17-18*

#### **AFTB Level I course**

8:30 a.m. to 12:30 p.m.  
Paid childcare available. Registration required. Call 751-6315 for information.

### *Friday, Sept. 18-19*

#### **Commissary case lot sale**

8 a.m. to 5 p.m.  
Fort Jackson commissary  
Valid military ID required.

### *Tuesday, Sept. 22*

#### **Maude Leadership Lecture**

3 p.m., Solomon Center  
Guest speaker will be Sgt. Maj. of the Army Kenneth Preston.

#### **Drill sergeant spouse focus group**

8:30 a.m. to 12:30 p.m., 3499 Daniel St.  
All drill sergeant spouses are invited to attend. A facilitator, recorder, transcriber and issue support is also needed. For more information, or to request free child care, call 751-4926 or e-mail [Dennis.Ramirez2@conus.army.mil](mailto:Dennis.Ramirez2@conus.army.mil).

## Announcements

### **DOIM CLOSURE**

The Directorate of Information Management will be closed Friday from 11 a.m. to 4:30 p.m. Call 751-DOIM in case of an emergency or unique mission requirements.

### **SSI CLOSURE**

The Soldier Support Institute will be closed beginning 10:30 a.m. Sept. 18. Call 751-5009 for assistance during that time.

### **NEW EMPLOYEE ORIENTATION**

The next New Employee Orientation is scheduled from 8 a.m. to noon, Sept. 24, at 2300 Magruder St., Room 239. Newly appointed mission employees are also required to attend the Green Course, which is scheduled from 1 p.m., Sept. 24 to 4 p.m., Sept. 25. The course is designed to orient and inform newly appointed federal civilian employees GS-5 and above, interns and fellow participants. Call 751-5082 for information.

### **COATS FOR KIDS**

The Moncrief Army Community Hospital Sergeants Association is conducting

a coat drive through Friday. Donations will be accepted in the hospital main entrance.

### **AUSA GOLF TOURNAMENT**

The Fort Jackson-Palmetto State Chapter of the Association of the U.S. Army has scheduled its annual J. Willis Cantey Memorial Golf Tournament for Wednesday, Sept. 30 at the Fort Jackson Golf Course. The tournament is open to everyone. Registration begins at 11 a.m. Shotgun start at noon. To register or for information, contact [C3601@ausa.org](mailto:C3601@ausa.org) or [SbButler@bellsouth.net](mailto:SbButler@bellsouth.net).

### **VOLUNTEER COUNCIL POSITIONS**

The Fort Jackson Volunteer Advisory Council for the American Red Cross has several volunteer positions available. Call 751-4329 or visit 2179 Sumter St. for information.

### **ASE EXAMINATION**

Registration for the Automotive Service Excellence examination is open through Tuesday. The ASE exam is scheduled for Nov. 5, Nov. 10 and Nov. 12 at the Education Center. Call 751-7440 for information.

### **LEGAL EDUCATION PROGRAM**

Applications for the Army's Funded Legal Education Program are being accepted until Nov. 1. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. For more information, contact Lt. Col. Everett Yates at 751-7657.

### **HARLEY DAVIDSON GIVEAWAY**

Authorized shoppers can register for a chance to win a Harley Davidson Sportster 883 Low now through Sept. 17. The winner will be randomly selected Nov. 2 from participants throughout all of AAFES' locations worldwide. The motorcycle is valued at \$10,000.

### **CHURCH GOLF TOURNAMENT**

Saint John Baptist Church has scheduled its inaugural Israel Brooks Memorial Golf Tournament 9 a.m., Sept. 21 at the Fort Jackson Golf Club. Prizes will be awarded to the winning four-person teams. For more information, call 381-4833, 397-9044 or 397-6217.

### **THRIFT SHOP NEWS**

The Thrift Shop will accept Halloween items this month and October; Thanksgiving items will be accepted in October and November; and Christmas items will be accepted in October, November and December.

### **NAVY BIRTHDAY BALL**

The U.S. Navy Expeditionary Combat Readiness Center Detachment at Fort Jackson has scheduled a Navy Birthday Ball, 6 p.m., Oct. 3, at the Marriott Columbia. Attire for military members is service dress blue (dinner dress is op-

tional). Attire for civilians is coat and tie (black tie is optional). Call 719-3338 for tickets or information.

### **NATIONAL GUARD EXPO**

The S.C. National Guard Air & Ground Expo is scheduled for Oct. 10-11 at McEntire Joint National Guard Base. Events include the Army's Golden Knights, flyovers, military displays, combined arms demonstrations and more. Visit <http://scguardnow.net> for information.

### **SCHOOL ADVISORY BOARD**

The Fort Jackson School Board has five open positions. Parents with children enrolled in a Fort Jackson school may seek election to the school board. Candidates may either be nominated by at least one other parent or submit their own name as a write-in candidate the day of the election.

Nomination forms have been sent home with children attending Fort Jackson schools or may be picked up at the school. Nomination forms must be turned in by noon, Sept. 17. Elections are scheduled from 8 a.m. to noon, Sept. 25 at each school. Only parents are eligible to vote.

## Housing events

### *Tuesday, Sept. 22*

#### **Neighborhood huddle**

5:30 p.m.  
Receive housing updates and share concerns.

### *Thursday, Sept. 24*

#### **Breakfast on the go**

Chick-fil-A on Decker Boulevard will be providing free breakfast for families on their way to school.

#### **Neighborhood huddle**

10 a.m.  
Receive housing updates and share concerns.

### *Friday, Sept. 25*

#### **Friday night live**

6 p.m.  
Teens only! This month's theme is karaoke fun. Snacks provided.

### *Monday, Sept. 28*

#### **Box tops for education**

Collect box tops from a variety of products all month long and drop them off to earn 10 cents per top for local schools.

### *Every Tuesday*

#### **Walking club**

9 a.m.  
Strollers are welcomed.

### *Every Thursday*

#### **Kids' day**

10 a.m.

*All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call 738-8275.*

## Sports shorts

❑ Letters of intent for flag football are due Wednesday. Flag football is open to active duty Soldiers only.

❑ The fall tennis season is scheduled for Oct. 5-23. Those interested in participating must submit their names and their events by Sept. 29.

### **YOUTH SPORTS**

It's time again for the 2009 youth sports seasons. Children must be family members of active duty military personnel, retirees or civilian employees. Children must also be registered with Child, Youth and School Services. The cost for each sport is \$30 for the first child and \$27 for each additional child. Call 751-4865/4824 to register.

— **Flag football** (6-13 year olds): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday afternoon.

— **Cheerleading** (3-18 year olds): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday afternoon.

— **Soccer** (3-18 year olds; children older than 9 will be registered in an off-post league): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday morning.

— **Volleyball** (7-18 year olds): Season runs Sept. 21 through Nov. 21. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Wednesday evening.

## Off-post events

### **BRITISH CLASSICS CAR SHOW**

The British Car Club Midlands Centre of Columbia has scheduled a free British Classics Car Show Saturday, 10 a.m. to 2 p.m. at Weston Lake. This year's featured marque is Triumph. Visit [www.British-CarClubMidlandsCentre.com](http://www.British-CarClubMidlandsCentre.com).

### **GET RESUME READY**

A Resume and Typing Clinic is scheduled from 2-4 p.m., Tuesday, Sept. 15, 22 and 29 at the Richland County Main Library. The program is free and open to adults. Bring work history, including dates of employment and company contact information. Call 929-3457 to register.

### **GET RESEARCH READY**

Use library resources to learn basic research skills. The program for middle school students is 10 a.m., Sept. 12 at the Richland County Public Library Training Center. Call 929-3457 to register.



# Vaccine helps prevent cervical cancer

By **TIMOTHY COFFEY**

*Moncrief Army Community Hospital*

A vaccine is available that prevents the types of genital human papilloma virus that cause most cases of cervical cancer and genital warts.

Every year, about 12,000 women are diagnosed with cervical cancer and almost 4,000 women in the United States die from this disease. Cervical cancer often strikes women at a young age. If cervical cancer does occur, the treatment may make future fertility impossible.

Various strains of the HPV, which is spread through sexual contact, are responsible for most cases of cervical cancer. The cervical cancer vaccine blocks two cancer-causing types of HPV, which are responsible for 70 percent of all cervical cancers.

Additionally, the cervical cancer vaccine blocks two types of HPV that are not associated with cervical cancer, but are associated with 90 percent of all genital warts.

The HPV vaccine is recommended for girls, 11 and 12, although it may be used in girls as young as 9.

This allows a young girl's immune system to become acclimated before she is likely to be exposed to the virus.

Receiving the vaccine at a young age also allows for the highest antibody levels. The higher the antibody level, the higher the protection.

Experts at the Centers for Disease Control and Prevention recommend girls and women, 13 through 26, who have not yet been vaccinated or completed the vaccine series to still receive the vaccination.

Ideally, girls and women should get the

vaccine before they become sexually active.

Those who are already sexually active may also benefit from the vaccine. However, the benefit might be lessened. This is because they may have already been exposed to one of the HPV types targeted by the vaccine.

Few sexually active young women are infected with all HPV types covered by the vaccine, so they would still get protection from those types to which they have not yet been exposed. Currently, there is no test available to tell if a girl or woman has had HPV in the past, or which types.

The vaccine does not protect against all types of HPV, so it will not prevent all cases of cervical cancer. About 30 percent of cervical cancer types will not be prevented by the vaccine, so it will be important for

women to continue getting screened for cervical cancer by receiving regular Pap tests.

Also, the vaccine does not prevent other sexually transmitted infections, so it will still be important for sexually active women to engage in safe sex practices.

The vaccine is given as a series of three injections over a six month period. The second dose is given two months after the first dose, followed four months later by the third dose. It is important to receive all three injections to get the greatest protection from the vaccine.

This vaccine is available at Moncrief Army Community Hospital.

Ask your primary care provider about the benefits of receiving this immunization to help in the fight against cervical cancer and genital warts.

## New MACH dermatologist



*Photo by NICHOLE RILEY, MACH*

**Capt. Heather Newlon, M.D., is MACH's newest dermatologist. Her goal for her time at MACH is to provide the best dermatologic care possible.**

## Soldier of the quarter



*Photo by NICHOLE RILEY, MACH*

**Spc. Paul Wooten, a medic at Troop Medical Clinic, is the MACH Soldier of the quarter.**

## MACH updates

### FLU IMMUNIZATION PROGRAM

Preventive Medicine will conduct training on the DoD influenza immunization program today, Sept. 17 and 24, 9-10 a.m. in the Moncrief Army Community Hospital staff conference room on the third floor. For more information, call 751-5035.

### CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations Oct. 23 for all beneficiary categories, including active-duty family members, retirees and retiree family members. A referral is not necessary to call for an appointment. To schedule an appointment, call 751-5406.

### ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the referral center at 751-2363

### FOLLOW MACH ON TWITTER

MACH is announcing same-day appointments for primary care on Twitter. These are appointments that were initiated by a patient but were canceled. The open appointment will become available to the first patient to request it. Sign up at [www.twitter.com/machcsd](http://www.twitter.com/machcsd).

### OUT-PROCESSING POLICY

Soldiers must now clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation.

The Soldiers' out-processing will include a review of medical records and provide an opportunity for the Soldier to receive care or information at their gaining installation.

Out-processing hours are 8-11 a.m., Tuesday and 1-4 p.m. Thursday, at MACH, Room 7-90. For information call 751-2235.

### CANCELLATIONS

To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273).

### SFAC/WTU BUILDINGS

The new Soldier and Family Assistance Center and Warrior Transition Unit buildings are now open. For more information on SFAC services, call 751-1198.

### NUTRITION CLINIC CLASSES

- Cholesterol and high blood pressure, Sept. 17 and 24, 2-3 p.m., Room 8-85.
- Army Weigh to Stay, Monday and Sept. 21, 1-3 p.m., Room 8-85.
- Weight loss, today, 2-3 p.m., Room 8-85.
- Army Move and sports nutrition classes are now offered online. Visit [www.us.army.mil](http://www.us.army.mil). Click on "My Medical" under "self service." Scroll down to "Ultimate Warrior Community" and register for the Army Move or Hooah Buddies communities.

### NO SHOW/CANCELLATION UPDATE

- Aug. 10-17:
  - Unbooked: 27 appointments, costing MACH \$1,890. These are mostly last-minute cancellations that can be avoided by giving 24-hour notice.
  - No shows: 150 appointments, costing MACH \$10,500.
- These 177 lost primary care appointments cost MACH \$12,390.

### LEADER INFORMATION

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Sept. 24 *Leader* must be submitted by today.

☐ Announcements are due one

week before the scheduled publication. For example, an announcement for the Sept. 24 *Leader* must be submitted by Sept. 17.

☐ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

☐ For more information, call

751-7045.

☐ Follow us on Twitter at [www.Twitter.com/FortJacksonPAO](http://www.Twitter.com/FortJacksonPAO). Become a Leader "fan" on Facebook by visiting <http://bit.ly/10gj2x>.

☐ For questions about advertising or subscriptions, call 432-6157.



# Patron support necessary to sustain FMWR services

What does Family and Morale, Welfare and Recreation mean to you — the Soldier, the family member, the retiree, the civilian employee?

FMWR is your partner — an organization dedicated to making your work and home life at Fort Jackson productive, rewarding and fun.

FMWR means full-service military clubs, championship golf courses, up-to-date and well equipped bowling centers, varied outdoor recreation programs, professional billeting operations and exciting special events.

FMWR hosts Family Day activities for Basic Combat Training Soldiers during graduation week, purchases fitness and recreational equipment for unit day rooms, lends support to Soldier award programs, and makes continuous financial contributions to Soldier unit funds.

What a wide range of valuable programs under one FMWR umbrella. And what an important partnership — FMWR and you.

FMWR receives little appropriated fund support, or “tax payer dollars.” We pay our bills — salaries, upgrades, construction, utilities — with the money collected as fees and charges.

This is why your continued patronage of FMWR facilities is so important. Without your lunches at the clubs, registering for fitness classes at Andy’s Fitness Center, your family bowling at Century Lanes, and all the other visits you make to FMWR facilities, there would be no FMWR. And without FMWR, many of the Soldier programs upon which we depend might not be possible.

The money you have spent on leisure inside the gates of Fort Jackson has allowed FMWR in the past few years to reopen Vanguard Gym, drop membership fees for Andy’s Fitness Center, build the spray park additions to Palmetto

## Army Family Covenant

By THERESA O’HAGAN

*Family and Morale, Welfare and Recreation*

Falls Water Park and convert the old Wild Cat Pool into Wild Cat Skate Park.

Improvements at all your fitness centers, tennis courts and the ongoing upgrades at many FMWR facilities were also made possible by your support of FMWR activities.

FMWR activities are open to all employees of Fort Jackson and their families, Soldiers and civilian.

One of the most frequently asked questions concerning FMWR activities is “why do we charge fees?”

So many of us have grown up in an Army system where FMWR programs have always been free or at greatly reduced prices. Almost all our present prices are still lower than prices for the same products and services off post, but some of our customers still don’t understand the need for fees.

Fort Jackson’s FMWR activities must be self sufficient. They must generate their own operating funds. Most FMWR activities don’t receive appropriated fund support, and those that do, receive very little. When appropriated funds support dwindles, the nonappropriated fund must take over and cover costs.

Imagine in your own life if you were to receive a cut in take home pay. What a challenge for your budget that would be.

FMWR activities are in much the same situation. We have to adjust to new financial demands, and in some cases, that means either raising present fees or establishing fees.

## FMWR calendar

### THURSDAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers’ Club 11 a.m. to 1:30 p.m. for specials or the buffet.
- ☐ Altered Art class with The EDGE!, 3:30-5 p.m. at 5957-D Parker Lane. Open to children 9-15. For more information, call 751-3053.
- ☐ Health Rocks!, 6 p.m at the Youth Services Center.

### FRIDAY

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.

### SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.

### SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m, Officers’ Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted.
- ☐ Couples’ tournament, 2 p.m., Fort Jackson Golf Club.

### MONDAY

- ☐ Patriot Golf Day, Fort Jackson Golf Club.
- ☐ Altered Art class with The EDGE!, 3:30-5 p.m. at 5957-D Parker Lane. Open to children 9-15. For more information, call 751-3053.
- ☐ PBA experience, 5 p.m., Century Lanes Bowling Center, \$18 per week.
- ☐ Family fun duo league, 6 p.m., Century Lanes Bowling Center, \$19 per duo.

### TUESDAY

- ☐ Altered Art class with The EDGE!, 3:30-5 p.m. at 5957-D Parker Lane. Open to children 9-15. For more information, call 751-3053.

### WEDNESDAY

- ☐ Information Exchange Council, 9 a.m., Post Conference Room
- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Party night, 8 p.m., NCO Club. Cover charge is \$7 for civilians and \$5 for military.
- ☐ Free golf lesson, 5-6:30 p.m., Fort Jackson Golf Club.

### ONGOING OFFERS

- ☐ The Officers’ Club is ready to host your next special event. The club’s professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.

**Are you paying a distraction?**

- It is estimated that driver distraction accounts for \*1.6 million accidents a year - about a quarter of the annual U.S. toll.\*
- At any given moment of the day, 500,000 drivers of passenger vehicles are using a handheld cell phone.\*
- That adds up to a lot of miles traveled by people who do not give their full attention to driving.
- Texting or looking away from the road could cost you your life.

**Save the txt 4 lbr pls keep ur l on the rd**

\*According to the National Highway Traffic Safety Administration



# Co-signing almost always a bad idea

By **CAPT. SCOTT SOMMERSET**  
*Legal Assistance Attorney*

Telling somebody “no” can be one of the hardest things to do, especially if that someone is a close friend, relative or significant other.

However, after reading the answers to some fundamental questions regarding the co-signing of loans, you will discover that “no” is exactly what you should say when someone asks you to co-sign a loan. There are a few exceptions, but for the vast majority of cases, this general rule holds true.

*Why do some people need others to co-sign their loans?*

People need others to co-sign their loans because they have bad credit. Otherwise, they could just take out a loan themselves. These people were not born with bad credit. They earned it by establishing a history of not paying their bills. That is why companies, who spend billions of dollars in advertising to attract customers, refuse to do business with them.

It is very logical. Why would you lend your money to people who have shown they cannot be trusted to pay you back? When you co-sign a loan with one of these people, you are flying in the face of this logic. You are trusting somebody who has already shown they should not be trusted, with your money, credit score and reputation.

*Why do lenders care if somebody co-signs a loan?*

Lenders care about co-signers because from their perspective, the co-signer just took out the loan. If the person

taking out the loan defaults, which the lender practically expects, the lender can go after the co-signer just as easily and to the same extent as it can go after the person who took out the loan.

In this respect, there is absolutely no difference between the co-signer and primary borrower in the eyes of the lender. The lender is going to get its money back from one of the parties and does not really care who.

In fact, if the primary borrower stops making payments, the lender will probably spend more energy going after the co-signer’s assets than the primary borrower’s assets. The reason the lender will focus on the co-signer is simply because, more often than not, the co-signer will have the assets and the primary borrower will not.

*What exactly are the risks of co-signing a loan?*

The risks of co-signing a loan are no less than the risks of taking out a loan yourself. The contract you sign when you co-sign loan puts you on the hook for the entire debt.

If the primary borrower stopped making his or her payments, it would be exactly the same as if you, the co-signer, took out a loan and stopped making your payments.

The lender can ruin your credit rating. The lender can sue you for the amount of the loan plus interest. The lender can take you to court and force the sale of your home. Often, the lender can even charge you the costs it incurred collecting the debt from you.

*But what if the person is really close to me, like a fiancée, and I really trust this person?*

The short answer: Don’t trust him or her. It is nothing

personal — this person probably has every intention of paying off the loan. Unfortunately, this person also had every intention of paying off his or her other debts as well (which he or she did not pay — hence the need for a co-signer).

Worse yet, entering into financial arrangements such as a co-signed loan seems to strain relationships. This occurrence is especially common when the primary lender starts falling behind in payments.

Next thing you know, the favor you performed to help out your friend or significant other creates a rift between the two of you. Eventually, the only thing you will have left to remember them by is their debt, which you are still responsible for paying back.

*Is it always a bad idea to co-sign a loan?*

No, it is not always a bad idea. There are a few exceptions where it is not a bad idea to co-sign a loan.

The most common exception is co-signing a loan with a teenage child. You may do it to help your teenage child establish credit, get student loans or get his or her first apartment. In most cases, it will help lower their interest rates. However, if you do decide to co-sign a loan with your teenage son or daughter, make sure you pay close attention to the status of the loan. The lender is not required to notify the co-signer until the primary borrower is in default.

If you decide to co-sign a loan for someone, know what you are getting into. Make sure you do not delude yourself into thinking co-signing a loan is a consequence-free chance to appear like a nice guy. Just like you should not gamble with more money than you are prepared to lose, do not co-sign a loan you are not prepared to pay.

## Regulation outlines protection of personal information

By **RENALDO TURNER**  
*Deputy Inspector General*

Before releasing his Soldiers for a four-day weekend, the company commander conducted a safety briefing. At the conclusion of the briefing, the commander discussed Personal Identifiable Information, or PII.

He said it is important for the Soldiers to protect their personal information so that they did not become victims of identity theft.

PII is information about a person that identifies, links, relates or describes him or her. Some examples of PII are

Social Security numbers, age, military rank, civilian grade, marital status, salary, home or office phone number, medical records and financial information.

This information can be used to trace a person’s identity. Safeguarding PII is the responsibility of every agency and all end users of federal information and information systems. As a user of DoD information systems, regardless of whether you are military, civilian or contractor, you need to know what PII is and how to protect it.

You are the first line of defense in protecting PII and preventing identity theft. Failure to protect PII can also result in criminal penalties. Congress passed the Privacy Act

in 1975 to protect a person’s sensitive information. The key DoD guidance regarding PII is in the DoD privacy program in DoD 5400.11 and 5400.11R.

These are just some of the methods we can use to help safe guard PII. Follow security requirements for encryptions, remote access time out function, reduce the use of Social Security numbers as unique identifiers and ensure all authorized individuals sign a document that they have reviewed their responsibility to safeguard PII. Compromise of PII is reportable through command channels.

For more information on Personal Identifiable Information, see DoD guidance 5400.11 and 5400.11R.

# New system improves customer service

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**By SHIRLEY O'NEAL**

*Fort Jackson Education Center*

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How many times have you been to an installation and felt that your expectations were not understood or found a service wasn't meeting your needs?

How many times have you thought, "I wish they would do this differently?" Or perhaps you received great service and your expectations were exceeded.

Now customers have a chance to share their experiences.

In March, the Fort Jackson Education Center began using the IMCOM Army Education Customer Management Tool to allow customers a more convenient way to sign in for services. The CMT assists in the management of customer

traffic and collects accurate statistical data for reports and service improvements.

The CMT also serves as another voice of the customer.

It assists ACES in capturing customer focused information, average wait and service times and facility usage. It can be used to defend manpower and the need for resources, as well as to determine future service improvements.

It also communicates the needs and wants of the customer by identifying reasons for customer visits. It also gives the ACES manager another means to assess the importance and quality in the delivery of programs and services.

The CMT covers all programs and services provided by the Education Center, including: counseling services, counselor appointments, college information, multi-use learning

facility, testing, non-college courses attended and visits to the on-post college representatives.

When customers enter the Fort Jackson Education Center, they are asked to sign into the CMT. The customer is prompted to fill in their title, name, phone number, email address, status, branch, unit and reason for visit.

After signing in, customers will be placed on the "waiting to be served" list. All other updates or changes in the CMT will be completed by the Education Center staff member serving the customer.

An automatic thank you e-mail with an ICE survey link is later sent to the customer. The ICE survey provides the customer an opportunity to evaluate the services received and make suggestions for improvements.



# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Lt. Col. Ronald F. Taylor**  
*Director,*  
*Emergency Services/Provost Marshal*  
**Sgt. Maj. Glen W. Wellman III**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*



## CASES OF THE WEEK

❑ A 2-year-old and 1-year-old were transported to the Provost Marshal’s Office after a child development worker saw the siblings walking alone on Parker Avenue, Military Police said. MPs contacted the children’s father and discovered an 18-year-old family member was responsible while the father was at work. The case is under investigation.

❑ A Soldier was arrested in an assault of another Soldier, MPs said. The Soldiers were arguing when one of them hit the other, MPs said. The Soldier who was struck was transported to an off-post hospital for observation, and her injuries were not considered life threatening.

❑ A family member was bitten by a dog in the housing area, MPs said. The German Shepherd was on a leash. The neighbor was not seriously injured. The case is under investigation by the game warden.

the installation’s access gates, the Directorate of Emergency Services continues to seek ways to keep traffic moving while ensuring the security of the installation.

Some of the changes that have been implemented already are the addition of a decal-only lane at Gate 4 during the Thursday and Friday morning rush. Another change is the flashing traffic lights at the intersection just inside Gate 2, which will occur Monday through Friday during the morning rush hour.

A flashing yellow light means to proceed with caution and a flashing red light means to stop and wait until it is safe to proceed through the intersection.

Motorists attempting to cross or enter Strom Thurmond Boulevard from Magruder Avenue or Mosbey Street during the morning rush may experience extended delays and should consider taking an alternate route during peak morning traffic.

DES will continue to monitor traffic flow and will implement changes as needed to ensure safety, security and ease of access.

## TIP OF THE WEEK

In an effort to ease traffic congestion at



## FORCE PROTECTION THOUGHT OF THE WEEK Counter-Surveillance



- PERSONS OBSERVING, PHOTOGRAPHING, OR ASKING QUESTIONS ABOUT OPERATIONS
- MAINTAIN SITUATIONAL AWARENESS
- REPORT SUSPICIOUS ACTIVITY TO MILITARY POLICE



# Tragedy: a reminder to make every day count

By **CHAPLAIN (CAPT.) MONICA LAWSON**  
1st Battalion, 61st Infantry Regiment

*“O LORD, what is man that you care for him, the son of man that you think of him? Man is like a breath; his days are like a fleeting shadow.”* (Psalm 144:3-4)

While sitting here preparing for a memorial ceremony for one of my Soldiers, I am constantly wondering if I have said the things that my Soldiers need to hear.

As a chaplain, it is my responsibility to provide words of comfort, encouragement and hope. I look into their faces and see the questions running through their minds. I am reminded of why God placed me here in a Basic Combat Training battalion on Fort Jackson.

So many times we can forget the true value and gift of life when we return home from deployments and we spend a great deal of time reminiscing about “being down-range.” Every now and again, however, God sends us a reminder that no matter where we are in the world, life is but a fleeting moment.

While there are no words that can truly take away the pain that any of us feel from having lost a friend, a family member or a battle buddy, our faith reminds us that every day spent here on earth is a gift from God and it is our personal responsibility to make every day count.

You never know what impact your life will have on those with whom you come into contact. That is why at all times we must seek to do our best and be our best.

For it is not how we die, but how we live that people will remember us. The sting of death can’t replace the memories of times gone by. We must remind ourselves of those times — taking the time to grieve, but also reminding ourselves

of the goodness that comes from those with whom we interact.

Dealing with loss is never easy, and we all grieve in our own way. While searching for words of wisdom that would serve as a source of comfort, I came across the following poem titled, “Things Happen for a Reason,” written by the greatest poet of all-time — “Unknown.”

*“Sometimes people come into your life and you know right away that they were meant to be there ... to serve some sort of purpose, teach you a lesson or help figure out who you are or who you want to become.*

*You never know who these people may be ... but when you look eyes with them, you know at that very moment they will affect your life in some profound way.*

*And sometimes things happen to you that may seem horrible, painful and unfair at first, but in reflection you realize that without overcoming those obstacles you would never have realized your potential, strength, willpower or heart.*

*Everything happens for a reason. Nothing happens by chance or by means of luck. Illness, love, lost moments of true greatness and sheer stupidity all occur to test limits of your soul. Without these small tests, life would be like a smoothly paved, straight, flat road to nowhere — safe and comfortable but dull and utterly pointless.*

*The people you meet affect your life. The successes and downfalls that you experience can create who you are, and the bad experiences can be learned from. In fact, they are probably the most poignant and important ones.*

*If someone hurts you, betrays you or breaks your heart, forgive them because they have helped you learn about trust and the importance of being cautious to whom you open your heart.*

*If someone loves you, love them back unconditionally, not only because they love you, but also because they are teaching you to love and open your heart and eyes to little things. Make every day count. Appreciate everything*

*that you possibly can, for you may never experience it again.*

*Talk to people whom you have never talked to before, and actually listen. Let yourself fall in love, break free and set your sights high. Hold your head up because you have every right to.*

*Tell yourself you are a great individual and believe in yourself, for if you don’t believe in yourself, no one else will believe in you. Create your own life and then go out and live it.”*

Make every day count.



**PROTESTANT**

- Sunday  
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)  
7:45 a.m. Bayonet Chapel (Hispanic)  
9 a.m. and 10:30 a.m. Magruder Chapel  
9:30 a.m. Main Post Chapel  
10:45 a.m. Post-wide Sunday School (Main Post Chapel)  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, USACHCS, Fox/Poling lab
- Wednesday  
6 p.m. Prayer Service Daniel Circle Chapel  
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

**Protestant Bible Study**  
■ Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday  
7 p.m. Anderson Street Chapel  
7 p.m. Daniel Circle Chapel  
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
- Thursday  
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)  
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)  
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday  
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

**PROTESTANT YOUTH OF THE CHAPEL**

- Saturday  
11 a.m. Daniel Circle Chapel (third Saturday)
- Sunday  
5 p.m. Main Post Chapel

**CATHOLIC**

- Monday-Thursday  
11:30 a.m. Mass (Main Post Chapel)
- Sunday  
8 a.m. Mass (MG Robert B. Solomon Center)  
11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- Wednesday  
7 p.m. Rosary  
7:30 p.m. RCIA/Adult Inquiry

**ANGLICAN/LITURGICAL**

- Sunday  
8 a.m. Memorial Chapel

**ISLAMIC**

- Sunday  
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday  
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

**JEWISH**

- Sunday  
9:30-10:30 a.m. Memorial Chapel  
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

**CHURCH OF CHRIST**

- Sunday  
11:30 a.m. Anderson Street Chapel

**LATTER DAY SAINTS**

- Sunday  
9:30 a.m. Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**  
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**  
9476 Kemper St., 751-4542
- Family Life Chaplain**  
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**  
4581 Scales Ave.
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**  
1895 Washington St., 751-5086
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Chaplain School**  
10100 Lee Road, 751-8050